

HOPE SPECIAL SCHOOL in NEPAL

January 30, 2013

We have started **Hope Special School** with the admission of three disabled children. The main goal of our school is to train the disabled children to do **activities of daily life**. We give training to their parents to continue the exercise therapy protocol in their own home after their child's discharge.



Children doing exercises with their mothers

Rehabilitation of **neurologically disabled** children needs long term goals so we make a special planning before the discharge of such children which includes a home exercise program. We especially focus in **play therapy** where the children develop their motor skills through playing.



Ashish and his Mum with warm blankets (A gift From Bundeena Support Group , Australia)

I met **Ashish** , who has intellectual disabilities **and has seizures**, yet a very enthusiastic child, who wants to walk and go to school carrying his bag like other normal children. He showed me his both legs and gave me a gesture to heal it. I was very touched with his humble request who even can't speak to express his feelings. He is very co-operative and willing to do the exercises. He is fond of our jeep ambulance as he never gets the chance to travel in a vehicle because of his disability. He will be soon discharged as his mother is well- trained for home exercise regimen.



Anil and his Mom with warm blanket (A gift from Australia)

Anil is a down syndrome child whose gait is irregular as he is hemiplegic too. He needs intensive gait training and co-ordination exercises. He is shy boy but wants to play and run. His mother is doing great as she have learned basic of gait training and exercise which is essential for her son when they I return home.



Biree and his Mom with warm blanket (A gift from Australia)

We have another boy called **Biree** who is **right side hemiplegic** from infancy. He needs physiotherapy and gait training. He is trained with fine skill movement and co-ordination exercise. He is enjoying the learning environment of Hope School.



Mom being trained for passive movements.

We have ordered 10 beds and mattresses and when they arrive we will plan to admit 10 disabled children at one session, replacing them with a new group after the complete rehabilitation protocol.

To rehabilitate the disabled children with neurological disorder they need long term rehabilitation planning. We cannot see fast development; it's the work full of patience and dedication.

Thank you all **the Hope Team, the Partners, the supporters and Bundeena Community** for the warm blankets for these disabled children.

Written by;

Pradip Rai,

Hope Physiotherapist.